Our Community Education programs at the Upper Valley Campus and throughout Napa County support the lifelong learning goals of students of all ages and backgrounds.

As we strive to stay on top of the trends in technology, fitness, recreation and personal development, we continue to present a well-rounded core of classes in the arts, foreign languages, personal finance and much more. Our staff seeks out opportunities to provide a variety of educational and personal enrichment opportunities, and our schedule does just that. If we can be of any help, please do not hesitate to contact us. It is an honor and a privilege to serve the Napa County community.

Shawntel Ridgle
Director, Upper Valley Campus and Community Education
# TABLE OF CONTENTS

**COMMUNITY EDUCATION/NONCREDIT**

| Registration | 3 |
| Registration Directions | 3 |
| Noncredit Classes (Free) | 6 |
| ESL (English as a Second Language) | 4 |
| Music Classes for Older Adults | 6 |

**NAPA CPR**

| 27 |
| Napa CPR | 27 |

**NAPA VALLEY COOKING SCHOOL**

| 7 |
| Food and Wine Enthusiast | 7 |
| Private Classes | 7 |

**COMMUNITY EDUCATION**

| 14 |
| Drawing | 14 |
| Lei Making | 15 |
| Painting | 14 |
| Printmaking | 14 |

| 18 |
| Conversational Spanish | 18 |

**Life Planning**

| 23 |
| Information Security | 23 |
| Successful Retirement | 22 |
| Reverse Mortgage | 22 |

**Music & Dance**

| 18 |
| Harmonica | 18 |
| Hula | 19 |
| Ukulele | 19 |
| Not-For-Credit | 13 |
| Online Not for Credit | 13 |
| Outdoors | 16 |
| Birding | 16 |
| Gardening | 16 |
| Professional Development | 23 |
| Home-Based Businesses | 23 |
| Loan Signing Agent | 25 |
| Mystery Shopping | 24 |
| Notary | 24 |
| Virtual Assistant Business | 23 |
| Sewing/Upholstery | 15 |
| Quilting | 15 |
| Upholstery | 15 |
| Wellness | 22 |
| Love Language | 22 |
| Meditation | 21 |
| Wellness Series | 20 |
| Writing | 17 |
| Publishing | 16 |
| Screenwriting | 16 |
| Writing for Blogs | 17 |
| General Information | 28 |
| Refund Policy | 29 |

---

**ONLINE LEARNING**

The solution for today’s busy adult

| Convenient - Affordable - Effective |
| Take a course on topics ranging from A-Z Grant Writing, Photography, to Web Design and more all from the comfort of your home or office at times that are convenient for you. |
| Each course comes equipped with a knowledgable and caring instructor, lively discussions with your fellow students, and practical information that you can put to immediate use. |

For more information visit our website!

www.ed2go.com/napa
UPPER VALLEY CAMPUS

The Upper Valley Campus (UVC) is a small and intimate, designated center of Napa Valley College, which is part of the California Community College system. UVC is situated on a beautiful 6.9-acre campus that serves the community of St. Helena and the greater Napa Valley by offering fee-based, noncredit and limited credit classes. The UVC also features the Napa Valley Cooking School’s Food & Wine Enthusiast program.

NAPA VALLEY COLLEGE COMMUNITY EDUCATION PROGRAM LEARNING STATEMENT

After attending a Napa Valley College Community Education class, students will be able to use the information received from the class for personal and/or professional development, including a better understanding and/or mastery of specific stated subjects and/or skills.

NAPA VALLEY COLLEGE

Mission

Napa Valley College prepares students for evolving roles in a diverse, dynamic, and interdependent world. The college is an accredited open-access, degree- and certificate-granting institution that is committed to student achievement through high-quality programs and services that are continuously evaluated and improved. The college serves students and the community in the following areas: transfer courses, career-technical education and training, basic skills, and self-supporting contract education and community education classes.

*Approved by the Board of Trustees November 15, 2012*

Values

Napa Valley College is a community of people excited about learning, where students are first and foremost in everything we do. We value, model, and encourage:

- student success
- responsibility
- inclusivity
- creativity
- respect for others
- openness to new ideas
- adaptability
- honesty
- health and wellness
- integrity

*Approved by the Board of Trustees, November 13, 2008*

Institutional Learning Outcomes

Students who receive a degree from Napa Valley College will demonstrate the following:

- Communication & Collaboration
- Critical Thinking & Information Competency
- Global Awareness & Civic Responsibility
- Personal Responsibility

Follow us on Instagram and Facebook!

napavalleycollege
thenapavalleycookingschool
@nvcollege
@napavalleycookingschool
ONLINE REGISTRATION FOR COMMUNITY ED AND NONCREDIT

1. Go to www.napavalley.edu

2. Select WebAdvisor at the top of the page.

3. On the WebAdvisor page select the WebAdvisor button.

4. Scroll down and select the Continuing Education button. DO NOT LOGIN. The Continuing Education option allows you to register for these classes without logging in to WebAdvisor.

5. Then select “Register and Pay for Continuing Education Classes”.

6. If you know the 5-digit course number, enter only the number in the Course Code Number field, scroll to the bottom of the page and click “Submit”. DO NOT FILL IN ANY OTHER FIELDS * If you don’t know the course number or would like to register for multiple classes, scroll to the bottom of the page and click “Submit”.

7. When you have found classes you want to register for, check the “Select Box” in the first column of the class list and then click “Submit” at the bottom of the page.

8. Complete the Personal Identification page information. At the bottom of the page, check the box “YOU MUST CERTIFY IN ORDER TO PROCEED…” and then click “Submit”.

9. You will be asked a couple of general questions before the Pay for Class page opens. On the Pay for Class page, click on the “Choose one of the following” dropdown and select “Register Now (Checkout)”.

10. When you are ready to pay for your classes, choose payment type from the dropdown and enter your payment information, then click “Pay Now”. No payment required for noncredit classes.
## Napa Valley College\'s Noncredit Classes (NO FEE)

Napa Valley College offers noncredit classes and programs to provide students with access to a variety of courses at no cost in order to assist them in reaching their personal, academic and professional goals. Noncredit instruction serves as a key contributor to "open access" for students with diverse backgrounds. Textbooks and materials fees may apply.

### English as a Second Language (ESL) - Inglés Como Segundo Idioma

Learn practical English in a friendly, supportive environment! Students will learn useful vocabulary relating to living and working in the US. Students will have many opportunities to converse with their classmates using the new vocabulary. Phonics for reading and spelling, grammar, and verb conjugation are introduced. Today is the best day to begin your English studies! Registration will take place in class.

Aprende inglés práctico en un ambiente amable y de apoyo! Los estudiantes aprenderán el vocabulario útil que se relaciona a la vida y el trabajo en los EEUU. Los estudiantes frecuentemente tendrán oportunidades para conversar con sus compañeros de la clase con el nuevo vocabulario. Estudiarán los fónicos para leer y deletrear inglés, la gramática, la conjugación de los verbos estarán introducidos. Hoy es el mejor día para empezar con tus estudios del inglés. Inscribete en la clase.

### Class Schedule

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>LOCATION</th>
<th>START DATE</th>
<th>END DATE</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>76931</td>
<td>Online</td>
<td>1/31/22</td>
<td>5/28/22</td>
<td>Mon/Wed 8:30-11:30am</td>
<td>Ruston</td>
</tr>
<tr>
<td>76933</td>
<td>Online</td>
<td>1/31/22</td>
<td>5/28/22</td>
<td>Mon/Wed 5:30-7:30pm</td>
<td>Wexler</td>
</tr>
<tr>
<td>76936</td>
<td>Online</td>
<td>1/24/22</td>
<td>5/28/22</td>
<td>Fri/Sat 6:00-9:00pm</td>
<td>Gardiner</td>
</tr>
</tbody>
</table>

### Preparation for College ESL

This course is designed for non-English-speaking students who are interested in eventually pursuing studies at a college level. This course will help to prepare students for Napa Valley College’s credit ESL classes. The emphasis is on basic grammar and vocabulary which the students will need to begin to function in a college environment. Literacy in native language is recommended.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>LOCATION</th>
<th>START DATE</th>
<th>END DATE</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>76939</td>
<td>Online</td>
<td>1/24/22</td>
<td>3/19/22</td>
<td>Self-Paced</td>
<td>Howe</td>
</tr>
<tr>
<td>76940</td>
<td>Online</td>
<td>3/21/22</td>
<td>5/28/22</td>
<td>Self-Paced</td>
<td>Howe</td>
</tr>
<tr>
<td>76941</td>
<td>Napa Valley Adult Education/Online</td>
<td>1/24/22</td>
<td>5/28/22</td>
<td>Tue/Thu 6:00-7:00pm</td>
<td>Pesko</td>
</tr>
</tbody>
</table>

### ESL Read, Write, & Grammar 1

This course is the reading, writing, and grammar component of Level 1 of the ESL program. Students will study basic English reading, writing, and grammar skills. They will read short articles and texts and write short paragraphs using simple and compound sentences in English.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>LOCATION</th>
<th>START DATE</th>
<th>END DATE</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>76923</td>
<td>Online</td>
<td>1/24/22</td>
<td>5/28/22</td>
<td>Tue/Thu 9:30-11:20am</td>
<td>Wexler</td>
</tr>
<tr>
<td>CLASS #</td>
<td>LOCATION</td>
<td>START DATE</td>
<td>END DATE</td>
<td>DAY/TIME</td>
<td>INSTRUCTOR</td>
</tr>
<tr>
<td>--------</td>
<td>----------</td>
<td>------------</td>
<td>----------</td>
<td>----------</td>
<td>------------</td>
</tr>
<tr>
<td>76937</td>
<td>Online</td>
<td>1/24/22</td>
<td>5/28/22</td>
<td>Mon/Wed</td>
<td>Howe</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4:30-6:30pm</td>
<td></td>
</tr>
</tbody>
</table>

ESL COMMUNICATION 1
This course is the listening/speaking component of Level 1 of the ESL Program. Students will engage in low-intermediate level comprehension skills from a range of essential points & details in spoken English. Students will build on communication skills with short conversations about familiar and unfamiliar topics & contexts, listening comprehension, vocabulary skills, pronunciation & overall fluency.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>LOCATION</th>
<th>START DATE</th>
<th>END DATE</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>76928</td>
<td>Online</td>
<td>1/24/22</td>
<td>5/28/22</td>
<td>Mon/Wed</td>
<td>Howe</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4:30-6:30pm</td>
<td></td>
</tr>
</tbody>
</table>

ESL COMMUNICATION 2
This course is the listening/speaking component of Level 2 of the ESL Program. Students will engage in a high-intermediate comprehension of a range of essential points and details in spoken English. Students will build on communication skills with extended conversations, classroom discussions and oral presentation skills on a variety of subjects.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>LOCATION</th>
<th>START DATE</th>
<th>END DATE</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>76925</td>
<td>Napa Valley Adult Education/Online</td>
<td>1/24/22</td>
<td>5/28/22</td>
<td>Tue/Thu</td>
<td>Toister</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7:00-9:00pm</td>
<td></td>
</tr>
</tbody>
</table>

ESL READ, WRITE, & GRAMMAR 2
This course is the reading, writing and grammar component of level 2 of the ESL program. Students will build on basic reading, writing, and grammar skills of Level 1, learning to write simple narrative, descriptive, and expository paragraphs and short compositions, using present, past, and future tenses, and simple, compound, and complex sentences. They will learn to revise and edit their writing as well as improve reading skills such as reading comprehension and speed, vocabulary development (including vocabulary in context), summarizing written material, and overall language fluency.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>LOCATION</th>
<th>START DATE</th>
<th>END DATE</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>76927</td>
<td>Online</td>
<td>1/24/22</td>
<td>5/28/22</td>
<td>Tue/Thu</td>
<td>Klieman</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2:00-4:00pm</td>
<td></td>
</tr>
</tbody>
</table>

ESL READ, WRITE, & GRAMMAR 3
This course is Level 3 of the college ESL program focusing on the integration of the major language learning components, including reading, writing, and grammar. Students will build on the major components of ESL Reading, Writing, and Grammar 2, reading full-length works of fiction and/or nonfiction and continuing to improve and expand reading comprehension, vocabulary skills, and overall written fluency by revising paragraphs and short narrative and descriptive compositions with clear introductions, support and conclusions. Grammar will include review of all simple and progressive verb tenses and the construction of compound and complex sentences.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>LOCATION</th>
<th>START DATE</th>
<th>END DATE</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>76929</td>
<td>Online</td>
<td>1/24/22</td>
<td>5/28/22</td>
<td>Tue/Thu</td>
<td>Klieman</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2:00-4:00pm</td>
<td></td>
</tr>
</tbody>
</table>

ESL READ, WRITE, & GRAMMAR 4
This course is Level 4 of the college ESL program focusing on the integration of the major language learning components, including reading, writing, and grammar. Students will build on the major components of ESL Reading, Writing, and Grammar 3, reading full-length works of fiction and/or nonfiction & continuing to improve & expand reading comprehension, vocabulary skills, overall written fluency. They will write, revise, and edit paragraphs and short essays, summarize and respond to selected readings, and improve their ability to identify and correct common errors of in grammar and syntax.
NONCREDIT (NO FEE): CLASSES FOR OLDER ADULTS

Mindful Singing for Older Adults  
#74457
This class will provide an opportunity to experience and participate in a music setting through singing and playing rhythm instruments. No previous musical experience necessary. Class will also meet online.
Feb 14-May 28
Tue, 6:00-8:20pm
Main Campus, Rm 148
Howell
($35 materials fee due at time of registration)

Vocal Expression for Older Adults  
#77039
This non-credit course provides older adults with the opportunity to expand their knowledge of solo singing through the study of various musical genres, vocal techniques, and singing repertoire. Class will also meet online.
Jan 31-May 28
Wed, 3:30-4:30pm
Main Campus, Rm 148
Howell

Instrumental Ensemble for Seasoned Musicians  
#77690
This class provides an opportunity for mature adults to participate in a music ensemble setting by playing musical instruments.
Dates TBD
Day/Time TBD
Main Campus, Rm TBD
Staff

Visual Expression  
#77753
This noncredit course provides older adults with the opportunity to expand their knowledge of the visual arts through the study of various artistic techniques, tools and materials. In addition to hands-on projects, students will also explore the role of art in current and past cultures.
Jan 19-May 11
Wed, 9:30-12:30pm
Upper Valley Campus, St Helena
Wright, Room 8

-
FOOD AND WINE ENTHUSIAST PROGRAM

This semester, we will continue to offer a series of in-person Food Enthusiast classes with limited enrollment.

If you see a class you’re interested in we recommend you sign up quickly. Of course your health and safety is important, so depending on circumstances a class may need to be cancelled due to any changing Covid 19 situation at class time.

Napa Valley Cooking School Instructors

Pat Burke

Pat Burke is a Napa resident with a long career of Nationwide BBQ awards to his honor. Born in Oakland, CA, he learned to enjoy BBQ at an early age. Fascinated with its history and many styles, he began cooking competitively in the professional BBQ circuit in 2001. His love for cooking brought him to share his passion at the Food and Wine Enthusiast Program at Napa Valley College in 2017. Pat has also been a Chef for the Oakland Raiders football team during their NFL training camp at the Napa Valley Marriott.

Roline Casper

Owner of Roline’s Uniquely Filipino restaurant since 2009, Roline graduated valedictorian from the Napa Valley Cooking School in St. Helena. Her mission is “To Educate & To Promote Filipino Culture Through Our Food”. Her first book, “The Easy Filipino Cookbook: 100 Classics Made Simple”, which was released in March 2020, was a #1 New Release on Amazon. The dishes that she creates are reminiscent of her travels around the world and inspired by those she met along the way.

Toni Chiappetta

Toni was raised in Ct. by parents who worked in the food industry and has worked in restaurants mainly on the east coast before coming to Napa. She studied music in Boston before attending culinary school at the Cambridge School of Culinary Arts and an intensive 6 week study with Albert Kumin. She was a pastry chef at Table 29 and Bistro Don Giovanni before striking out on her own with Sweetie Pies Bakery in 1994. The bakery started as a small operation in rented kitchen space before moving to its currant location in Sept of 2000.

Traci Dutton

Traci Dutton is a beverage, food and hospitality expert based in the Napa Valley. With over 20 years of tenure as a sommelier, consumer and professional educator, and beverage specialist at the Culinary Institute of America’s California Campus, she has continued to build relationships in all areas of the industry, create and track trends & shifting tastes, and hone the service & hospitality skills that are the foundation of her work ethic. Today Traci continues her work with the CIA while consulting, writing and running her own vintage cookery & libations store, Heirloom Variety, located in Calistoga.

Greg Miraglia

Greg Miraglia is a longtime educator and food/restaurant blogger who brings his many years of culinary expertise and passion to the Napa Valley Cooking School gained from his time as a cook for the Napa Valley Wine Train and in the NV Cooking School Professional Chef Program. In addition his work in the culinary arts, Greg is also a radio program host and producer on Outbeat Radio, a weekly LGBT program on KRCB Radio.
Chef Savanna Petri

After completing her Associates degree from the CIA (Greystone) in St. Helena, Chef Savanna worked at Peju Province Winery in Rutherford as Estate Sous Chef, where she mastered the art of food and wine pairing through a variety of vineyard events and on-site cooking classes. A dedication to both the culinary arts and public service lead her to teach at CIA Copia and the Napa Valley Cooking School, combining her real world culinary experience at Elaine Bell Catering and Thomas Keller’s Bouchon Bistro with her eight years of service in the US Air Force.

Chef Ranida Sunshine Thammarin

Ranida Sunshine Thammarin was born and raised in the city of Udon Thani in Northeastern Thailand, as the youngest of five sisters. She graduated with a degree from Le Cordon Bleu in Paris. In 2006 she moved to San Francisco, a move that changed her life. She started hosting pop-up dinners, as well as teaching Thai Cooking and Baking & Pastry Classes in her home, a converted church. She has taught more than a thousand classes in the past 10 years, sharing her passion for cooking. She’s quoted as saying “Teaching for me is an experience beyond just a job- it’s more like a chance to meet people and cook together - it’s fun and rewarding”

Chef Elena Sirignano

With over 25 years in the industry as a chef, sommelier, culinary instructor, bean-to-bar chocolate maker, manager, and specialty foods entrepreneur on both the East Coast and in the Napa Valley, Chef Elena has been part of the Napa Valley restaurant scene since 1992, where she has worked with Thomas Keller as a member of the original French Laundry kitchen team and has been part of both front and back of the house operations at Bistro Don Giovanni, Pat Kuleto’s Martini House, Bouchon, and Bouchon Bakery. An experienced culinary instructor, Chef Elena has taught at Delaware Technical & Community College and the Culinary Institute of America Greystone and COPIA. She is the founder/owner of Mayacama Chocolate.

French Bistro Comfort Foods & The Wines to Go with Them #77604

The word “Bistro” conjures images of hearty meals, made with local ingredients, served on paper covered tables with beverages from nearby vineyards. Bistros are historically family owned, centrally located, and were gathering places where locals could catch up with one another, over a good meal. In this hands-on class, you will recreate some of these classic French Bistro dishes, while tasting special regional wines to go with them. Bistro food and wine is comfort at its best. Pre-registration required.

Hands-on
Sat, Feb 12, 10:00am-1:00pm
UVC Teaching Kitchen, St Helena
Sirignano & Dutton
$200

Wine Tasting: Back to Basics

When you listen to an expert talk about wine do you ever think, “Are they making this up? What are they talking about? Am I just bad at this?” Well, we believe that almost anyone can be a good wine taster with a little guidance and lots of practice. In this tasting class we will learn to identify the basic building blocks of wine and describe their level of intensity, discuss ways to harness your experiences to build a vocabulary for aromas and flavors, and most important, give you a clear way to describe the wines you like and

Please note the Napa Valley College refund policy:

Refund Policy: Requests for a refund on a fee-based class not canceled by the college must be made at least five (5) working days prior to the beginning of the class. No refunds can be made on requests made after that date. A $5 per person processing fee will be retained on all refunds unless the class is canceled or meeting times are changed by the college.
a kind way to describe the wines that you don’t like. You will find your voice when talking about wine and never again say, “I don’t know anything about wine!” Pre-registration required.

---

**#77605**

**Demo-Tasting**  
**Sat, Feb 19, 10:00am to 12:30pm**  
**UVC Teaching Kitchen, St Helena**  
**Dutton**  
**$50**

**#77606**

**Demo-Tasting**  
**Friday, May 13, 6:00pm to 8:30pm**  
**UVC Teaching Kitchen, St Helena**  
**Dutton**  
**$50**

---

**Thai Cooking with Sunshine**

Come join us for a fun class making the Simple and Delicious and Authentic Thai food that you can make easily at home. A three course hands-on making Fried Spring Rolls, Pad Ka Pad Kai Down and Mango Sticky Rice, a number of springtime sunshine dishes that you can do any time of the year! Pre-registration required.

**Hands-On**  
**Sat, Feb 26, 12:00pm-3:00pm**  
**UVC Teaching Kitchen, St Helena**  
**Thammarin**  
**$100**

---

**More Thai Cooking with Sunshine**

Come join us for another fun class making the most popular Thai dishes: Pad Thai, Papaya Salad and Kanom Krook! This is a great class to get ready for the warm weather, with fresh flavors and the produce to make these classic Thai dishes. Pre-registration required.

**Hands-On**  
**Sat, Mar 5, 12:00-3:00pm**  
**UVC Teaching Kitchen, St Helena**  
**Thammarin**  
**$100**

---

**Italian Sauces & Pastas Seven Days of the Week**

How would you like to change your cooking routine up a bit? This class will allow you to increase your repertoire of Italian sauces, including old favorites & inspirations for new ones. There will be discussions with tastings on how to purchase the right San Marzano tomatoes. You will also learn to make a more tender meatball and select from a pasta noodle assortment, that is not readily available to the home chef. Once you’ve sauced your pasta, you will enjoy dinner featuring tastes of all seven pastas. Pre-registration required.

**Hands-on**  
**Sat, Mar 12, 10:00am to 1:00pm**  
**UVC Teaching Kitchen, St Helena**  
**Miraglia**  
**$100**

---

Register Online 24/7  
Directions on Page 3
Breakfast Pastries with Sweetie Pies #77610
Join Chef-Owner Toni Chiapetta of Sweetie Pies, as she teaches this hands-on class of breakfast breads and pastries. Enjoy the simple comfort imparted by the smells of cinnamon and brown sugar, while learning to make deceptively easy baked goods. Pre-registration required.
Hands-On
Sat, Mar 19, 10:00am to 1:00pm
UVC Teaching Kitchen, St Helena
Chiapetta
$100

Italian Wines & Cheeses to Pair #77611
Andiamo!! Wine is produced in every single region of Italy so it’s hard to know where to start. We’ll give you lesson #1 right here: no matter where you start, it’s delicious! But also “un poco” complicated. In this class we’ll taste wines from classic regions and grape varieties as well as those from off the beaten path, plus a few of the over 350 grape varieties that are “authorized” by the Italian government. And, because all this hard work is bound to make you hungry, let’s explore a few of the timeless “formaggio” of Italy and think about the best way to serve, pair and enjoy them. Pre-registration required.
Hands-on
Sat, Mar 26, 12:00-2:00pm
UVC Teaching Kitchen, St Helena
Dutton
$95

Filipino Gourmet Grab & Go: Lumpias & Filipino Sandwiches #77612
Have fun with Roline Casper of Roline’s Uniquely Filipino. Learn to make and enjoy classic Lumpias, as well as the newest craze in Filipino sandwiches. Treat yourself, friends and family, to these awesome specialties. Nothing brings together people more then great Filipino Food! Pre-registration required.
Hands-on
Sat, Apr 2, 11:00am-2:00pm
UVC Teaching Kitchen, St Helena
Casper
$100

Italian Cooking & Kitchen Essentials-3 Day Class #77613
Spring Break is for everyone to have fun and this 3 day class is no exception. Join us for a multi-day immersion into Italian cooking basics and the techniques to go along with them. These skills can be adapted across many cuisines and cultures. Here is the tentative outline: Day 1: Kitchen safety and food storage best practices, Pantry essentials, Kitchen equipment essentials, Pasta making, Marinara sauce, Bison meat balls, Cesar salad, Tiramisu. Day 2: Seafood purchase, cleaning & storage, Principles of roasting, Ricotta cheese making, Risotto making, Shrimp Scampi, Pesto sauce, Italian roasted vegetables, Ricotta cheese with honey and berries. Day 3: Deep frying techniques, Arancini, Bolognese sauce, Béchamel sauce, Lasagna meat, Chocolate Budino. See below to add on the Italian Wine that takes place immediately following this class! Pre-registration required.
Hands-On
Wed/Thu/Fri, Apr 13-15, 10:00am-2:00pm
UVC Teaching Kitchen, St Helena
Sirignano & Miraglia
$450
Italian Wines to Enjoy with Your Italian Meal #77614

Now that you have cooked numerous Italian dishes, how about rounding out the end of your day with a wine education and tasting class. Find out about the Italian varietals that will go best with the foods you’ve prepared and what to serve in the future. Join Sommelier-Educator Traci Dutton as she continues your journey to Italy. **Pre-registration required.**

**Hands-on**

**Wed/Thu, Apr 13-14, 2:30pm-4:00pm**

**UVC Teaching Kitchen, St Helena**

**Dutton**

$45

Cheesecakes for All Occasions #77615

Cheesecakes are fun, they come in all different flavors, shapes and sizes. Explore in this hands-on class the many different varieties of cheesecake you can make. Then take the techniques you learn in this class, taught by Toni Chiapetta, Chef-Owner of Sweetie Pies Bakery, and adapt to your own liking: whether it’s with berries or chocolate, cookie crumbs or gluten free, try them all. **Pre-registration required.**

**Hands-on**

**Sat, Apr 23, 10:00am-1:00pm**

**UVC Teaching Kitchen, St Helena**

**Chiapetta**

$100

Three Essential Techniques for Making Delicious Cocktails for Spring #77616

While there are so many ways to make cocktails and so many people creating these delicious libations, each one with their own “twist” on the drink, there are three techniques to be mastered that will prepare you to make thousands of different cocktails. Shaking, stirring and muddling will be covered in this class, step by step the way the best mixologists do it. We’ll cover other key secrets such as: What is good ice? Does fruit really need to be fresh? How many bitters are too many bitters? As a bonus, we’ll discuss ways to make the most of Spring and Summer with tips and tricks for DIY flavored spirits, fresh from the garden garnishes and easy ways to entertain with cocktails. **Pre-registration required.**

**Hands-on**

**Fri, Apr 29, 6:00-8:00pm**

**UVC Teaching Kitchen, St Helena**

**Dutton**

$65

Making Pâte à Choux: Foundations for Eclairs, Cream Puffs & More #77617

Come to join Ranida Sunshine Thammarin to learn how to make a perfect Pâte à Choux. You’ll find out how versatile of this dough/batter can be and how to utilize it in its many different forms. In addition, you will also be shown the skills of how to make a variety of delicious fillings. **Pre-registration required.**

**Hands-on**

**Sat, May 7, 11:30am-2:30pm**

**UVC Teaching Kitchen, St Helena**

**Thammarin**

$125
Hot & Fast BBQ

You’ve heard about low and slow BBQ, well now we’re kicking it up several notches for Hot & Fast BBQ. Sometimes we just don’t have the time, but want to enjoy those great flavors. Please join Napa Valley College’s Pitmaster, Pat Burke, to walk you through some time-saving techniques. **Pre-registration required.**

**Hands-on**
- **Sat, May 21, 12:00-3:00pm**
- UVC Teaching Kitchen, St Helena
- Burke
- **$125**

Butchery At Home Made Easy

Have you ever looked at the large cuts of meat at the store, felt that they were too big and daunting to cut on your own? Yet, the prices are so much more reasonable for the larger cuts. In this demo-tasting class, Pat & Elena will walk you through the breaking down of common cuts of meat found in most of the larger stores. (You know the ones we’re talking about!) You will learn how easy it is to break down a pork loin and use it in 3 different recipes, along with pork shoulder, lamb chops, breaking down a whole chicken and deboning chicken thighs. You will enjoy a lunch made with some of these cuts, while you observe the butchery. Lastly, we will then package samples of these cuts of meats to take home, along with recipes to accompany them. **Pre-registration required.**

**Demo-Tasting**
- **Sat, Jun 11, 12:00-3:00pm**
- UVC Teaching Kitchen, St Helena
- Burke & Sirignano
- **$275**

Looking for a team building activity or a unique way to gather with family and friends?

**How about a Private Cooking Class at the Napa Valley Cooking School.**

Our chefs will work with you to design a special menu that features your favorite “wish I could cook that” items. Then, you and your party show up for a hands-on class taught by one of our talented chefs. You’ll cook and then sit down to enjoy a meal together - something perfect for this holiday season or any time of the year.

Please contact elena.sirignano@napavalley.edu for pricing and menu options
Online Courses

anytime, anywhere... just a click away!

Napa Valley College Not-for-Credit

Online Courses are informative, fun, convenient, and highly interactive. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, six-week format, supplementary links, and more.

You can complete any course entirely from your home or office, any time of the day or night.

Courses include:
- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 6 Weeks of Instruction
- Hundreds of courses to choose from
- Monthly start sessions

Beginning Writer’s Workshop
Get a taste of the writer’s life and improve your writing skills in this introduction to writing creatively.

Grammar Refresher
Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

Writing Essentials
Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

Write Your Life Story
Learn how to create and distribute an inspirational and professional autobiography for family, friends, and others.

Spanish for Medical Professionals
Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.

Effective Business Writing
Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

Discover Sign Language
Discover the fun of learning sign language and using your hands to communicate with Deaf people.

Start Your Own Edible Garden
Learn how to grow delicious, nutritious fruit and vegetables in your own backyard.

For more information, additional classes, or to enroll visit:

www.ed2go.com/napa
ARTS AND CRAFTS

Painting Fixer Upper #77620

Why should HGTV have all the fun of taking something old and vacated and turning it into something beautiful? In this 4-week class we will take the old, overworked, underdeveloped and experimental paintings that you have been hiding and give them a makeover. Just like building the perfect home, painting is about creating a strong foundation with the elements of art, identifying what works and what went wrong and understanding who you are as an artist. For beginner and experienced painters. This is perfect for a group session, where there are multiple kinds of painting problems to solve. Class format includes review of the paintings, demonstrations, support materials and in-class painting. **Pre-registration is required.**

Mar 9-30
Wed, 9:30am-1:00pm
Upper Valley Campus, St. Helena
Willis, Rm 8
$250

One Day Printmaking: Experimental Monotype

See what Degas loved about this accessible printmaking process in this one, two or three-session printmaking class. It is a great time to get back into the light filled art studio at the Upper Valley campus. We will explore a painterly additive process, an abstract subtractive approach and use photo and organic material as resource. For beginner and experienced printmakers who are looking to create a small series of unique prints and have access to the Takach press. Leave with a collection of prints suitable for framing. Six people max. **A $25 materials fee due to instructor first class which includes all inks, most paper, and other supplies for the class. Pre-registration is required.**

#77621 #77622 #77623
Jan 15 Feb. 5 Mar 19
Sat, 9:30am-2:00pm Sat, 9:30am-2:00pm Sat, 9:30am-2:00pm
UVC, St. Helena UVC St. Helena UVC, St. Helena
Willis, Rm 8 Willis, Rm 8 Willis, Rm 8
$135 $135 $135

#77624
Jan 15, Feb 5, & Mar 19
Sat, 9:30am-2:00pm
Upper Valley Campus, St. Helena
Willis, Rm 8
All 3 classes for $325

Drawing the Portrait (Beginning/Intermediate) #77625

Each Portrait will take approximately three sessions: We will work from a photo reference and learn how to decipher the structure of the head, including proportions and individual features. We will start with an underpainting during the first session, noting the value pattern and form. The subsequent sessions will be a process of adding color. We will learn how to make flesh tones using a limited palette, and a variety of proven techniques to ensure a likeness. The preferred medium is oil paint, either regular or water-soluble. Handouts will be provided as well. Feel free to contact the instructor for Supply List or with any questions.

**Refund Policy:** Requests for a refund on a fee-based class not canceled by the college must be made at least five (5) working days prior to the start of the class.

Register Online 24/7
Directions on Page 3
Hawaiian Lei Making

Come and enjoy the process of lei making. This style of lei making is called “Wili” (winding technique). We will share the different styles of lei making and other cultural perspectives. A lei can be as simple as a gift to as complex as an offering. Our class time will include a short lecture on cultural etiquettes, the lei making processes and include a short song. You will be able to accomplish a small lei within the class time. This class will be taught by Kumu Kawika Keikialii Alfiche (Hula Master) of Hāalau o Keikiali’i & Kaululehua Hawaiian Cultural Center Napa & San Francisco. Pre-registration is required.

Feb 5
Sat, 12:15-2:00pm
Main Campus, Napa
Alfiche, Rm 603
$50

SEWING AND UPHOLSTERY

Quilters’ Workshop

Interested in joining a community of quilters this spring? Want to start a quilting project as a beginner but unsure of how to go about it? Need some extra help in realizing or finishing a current quilting project? Bring your own materials, tools, patterns, and interest to this low key weekly gathering of local quilters in our beautiful light-filled Art Room in St. Helena and work together under the guidance of experienced quilter and St Helena native Julie Bolander. Pre-registration is required.

Jan 20-May 29
Mon, 12:30-5:00pm
Upper Valley Campus, St. Helena
Bolander, Rm 8
$51

Beginning Upholstery and Beyond

In this class you will discover a craft that will enable you to bring some of your favorite pieces of furniture into this century and to move beyond the basics and take on more challenging projects. Learn fabric layout for cutting, how to use power sewing equipment and hand tools for basic furniture and automobile upholstery. In addition to learning a new skill, students receive first-hand knowledge on possibly taking these skills and earning some extra cash. Experienced Instructor, Robert Peck, will discuss projects at the first class and work with you to realize your project goals. (Bring pictures of proposed projects to the first class for instructor review.) A $30 materials fee due to instructor first class. Pre-registration is required.

#77630
Jan 26 to Mar 2
Wed, 6:00-9:00pm
Upper Valley Campus, St Helena
Peck, Rm 8
$120

#77631
Mar 9th to Apr 20
Wed, 6:00-9:00pm
Upper Valley Campus, St Helena
Peck, Rm 8
$120
Birding in Napa County #77632

The county is blessed with a variety of easily accessible terrestrial and aquatic habitats where songbirds, waterfowl, raptors and shorebirds congregate during migration. In order to see a diversity of species, we will visit distinctly different habitats during each field trip: Lake Hennessey, Napa River Ecological Reserve, the American Canyon Wetlands—or wherever the dynamics of the season dictate. The field trips will involve a walk of 0.5-2.0 miles round trip. Terrain is level over gravel roads or well-worn footpaths. Bring binoculars and your favorite field guide. (Check weather forecast for appropriate dress.) Instructor Murray Berner is the co-author of the “Breeding Birds of Napa County.”

Students are to email the instructor before the first day of class for more information at vireoci-ty@hotmail.com. Pre-registration is required.

Mar 24-Apr 21 (no class 3/31)
Thu, 8:30am-12:00pm
Upper Valley Campus, St. Helena and Various Locations
Berner
$100

Ecological Gardening for All Levels #77755

This gardening class will take place in the Napa Valley Main Campus Student Garden and Greenhouse space (as well as limited classroom time), and will cover many aspects of gardening, with a focus on food production and regenerative and ecological gardening techniques. We will work together to reinvigorate the student garden space on the main campus. Through lectures and hands-on experiential learning, students will explore the fundamentals of organic gardening and ecological agriculture, covering seed starting and propagation, basic crop planning, soil management, water management, planting, fruit tree care, composting, pollinators, permaculture and more. This class is taught by Rachel Kohn Obut, who has nearly two decades of farming experience, and runs a Napa-based farm producing food and flowers and edible landscaping business. A $25 materials fee due to instructor first class. Pre-registration is required.

Mar 10 & 24, Apr 7 & 21, May 5
Thu, 10:00am-12:00pm
Main Campus, Napa
Kohn Obut, Rm 836
$100

Introduction to Screenwriting for Television or Movies (Online) #77633

In this comprehensive session, you will learn about special screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters, and execute your work in the proper screenwriting format. You will discover the difference between a Treatment, a Spec Script and a Shooting Script and when to do each. And, you’ll get an inside look into the business of selling your script to agents and producers. The instructor is a journalist, author, screenwriter, agent, publisher, and adjunct online Professor of Publishing for Harvard. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthlpnea@napavalley.edu after registration. You will receive a link the day before class from leeannela@aol.com. Pre-registration is required.

Feb 26
Sat, 1:00-2:00 pm
Online
Krusemark
$35 (Class fee includes materials fee)
Beginner’s Guide to Getting Published (Online) #77634

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor’s desk. You will discover how to:

• become a “published” writer overnight
• submit manuscripts the correct way
• find the right publisher for your work
• write irresistible query letters
• determine when and how to get an agent
• 100 ways to make money as a freelance writer

If you really want to succeed, this step-by-step workshop is a must!

To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeannela@aol.com. Pre-registration is required.

Mar 5
Sat, 9:00-11:00am
Online
Krusemark
$55 (Class fee includes materials fee)

Explore 50 Different Self-Publishing Options (Online) #77635

Self-Publishing is all the rage, but is it the best option for YOU? (Participants must first attend “Beginner’s Guide to Getting Published”) And, can you do both? You will discover the pros and cons of all the self-publishing options, including print-on-demand and e-book publishing, as well as Amazon options. You will leave with a rated description of 50 self-publishing companies. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeannela@aol.com. Pre-registration is required.

(Note: prerequisite requirement: Beginner’s Guide to Getting Published)

Mar 5
Sat, 11:00am-12:00 pm
Online
Krusemark
$35 (Class fee includes materials fee)

Writing for Online Blogs, Magazines, and Websites (Online) #77636

You don’t need a journalism degree or previously published articles to write for anyone’s online blog, magazine, or website. Some opportunities offer exposure, while many pay well — $1 a word and more. In this fast-paced session, you will learn how to: find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self-published novel. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeannela@aol.com. Pre-registration is required.

Mar 5
Sat, 8:00 to 9:00am
Online
Krusemark
$35 (Class fee includes materials fee)
LANGUAGES

Conversational Spanish – Intermediate (Online) #77639
This 17 week course is for students who already know a little Spanish. Conversational practice will be generated through the use of humorous situations as depicted in the text Laugh ‘n’ Learn Spanish by Lyn Johnston and Brenda Wegmann. The book features cartoons from the comic strip “For Better or For Worse.” Grammatical structures will also be presented, reviewed and practiced.

To participate in this class, after registration send an email to Rustfamvin@aol.com. Your instructor will send you information on how to access the class. Pre-registration is required.
Jan 27-May 24 (no Class 3/31)
Thu, 4:00 to 5:30pm
Online
Ruston
$160

Conversational Spanish - Advanced (Online) #77640
This 17 week course provides practice in conversational Spanish at the advanced level. The aim is to increase fluency and acquire vocabulary. We will read and discuss original works by Hispanic authors and study selected topics of grammar.

To participate in this class, after registration send an email to Rustfamvin@aol.com. Your instructor will send you information on how to access the class. Pre-registration is required.
Jan 25-May 26 (no Class 3/29)
Tue, 4:00 to 5:30pm
Online
Ruston
$160

MUSIC AND DANCE

Beginning Blues Harmonica #77641
Got the “Blues?” Beginning Blues Harmonica will get you jammin’ immediately! Our emphasis will be on playing and having fun as you are introduced to many of the tricks and techniques to make the harmonica “cry, laugh, wail, and scream!” No previous musical experience or harmonica training is required, only a love of the blues and desire to play the harmonica! Students will need a major diatonic harmonica in the key of “C,” available in class for $11 if you don’t have one. There will be a $15 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. Pre-registration is required.
Apr 11
Mon, 7:45-9:15 pm
Upper Valley Campus, St. Helena
Broida, Rm 8
$35

Healthy Harmonica #77643
We will play the simplest of pop, folk, and blues rhythms and melodies and invigorate them with simple but powerful breathing techniques to make any song deeply expressive. Breathing is our foundation when playing harmonica and for a healthy, vibrant living! No previous musical ability is required—only a desire to have fun and feel more healthy and alive! Students will need a major diatonic harmonica in the key of “C,” available in class for $11 if you don’t have one. There will be a $15 materials fee to be paid to the
instructor on the day of the class that covers CDs and handouts. Pre-registration is required.

Apr 11
Mon, 6:00-7:30 pm
Upper Valley Campus, St. Helena
Broida, Rm 8
$35

**Harmonica Combo—Healthy Harmonica & Beginning Blues Harmonica #77644**

Interested in Healthy and Beginning Blues classes? Sign up for both classes. Students will need a major diatonic harmonica in the key of “C,” available in class for $11 if you don’t have one. **There will be a $15 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. Pre-registration is required.**

Apr 11
Mon, 6:00-9:15 pm
Upper Valley Campus, St. Helena
Broida, Rm 8
$50

**Ukulele for Beginners #77645**

This fun class will include the basics of the `ukulele. Each student must have their own `ukulele. We will learn: `ukulele tuning, basic strumming, Hawaiian language and singing all in an engaging class. This class will be taught by Kumu Kawika Keikiali‘i Alfiche (Hula Master) of Hāalau o Keikiali‘i & Kaululehua Hawaiian Cultural Center Napa & San Francisco. **Pre-registration is required.**

Feb 5-26
Sat, 11:15am-12:00pm
Main Campus, Napa
Alfiche, Rm 142
$50

**Hula-Hawai‘i’s Dance for Beginners #77646**

We celebrate the cultural dances of Hawai‘i, the furthest north of all the Polynesian Islands in the Pacific. Come share in this class of both traditional and modern Hula-Hawaiian Dance for both men & women. Hula is the language of the heart and therefore the heartbeat of the Hawaiian people. These are the words of our last King Kawika Kalākaua who returned hula into the public eye after being banished by missionaries for some 50+ years (1820-1870). This fun gathering will include basics of: hula, language, history, geography, chanting, singing and more! This class will be taught by Kumu Kawika Keikiali‘i Alfiche (Hula Master) of Hāalau o Keikiali‘i & Kaululehua Hawaiian Cultural Center Napa & San Francisco. **Pre-registration is required.**

Feb 5-26
Sat, 10:00-11:00am
Main Campus, Napa
Alfiche, Rm 601A
$50

Please check your class description for email instructions
PLAN YOUR ROADMAP TO OPTIMAL HEALTH

In this series of six online classes you will be given the tools to develop a roadmap to a healthy lifestyle. You’ll study basic nutrition & ways to boost immunity, create healthy habits, learn secrets to longevity, & explore ways to add more vegetables to your diet. Take 1 class or sign up for all six for a discount.

Wellness for the Win! A SIX-CLASS SERIES (Online)  #77647

Sign up for all six classes happening Jan 20-Feb 24 for a discount. See following descriptions of each class for more information.

To participate in this class, after registration send an email to sarahgcoach4life@gmail.com. Your instructor will send you information to access the class. Pre-registration is required.

Jan 20-Feb 24
$175

Easy Nutrition (Online)  #77648

Be empowered to transform your life through food. Learn basic nutritional terms and how the pieces all fit together. Understand how to decrease inflammation and give your body everything it needs to fight disease. Learn how your gut health is directly responsible for your overall health. Things like seasonal allergies, asthma, food sensitivities, skin irritations, IBS, mood swings, and many other conditions could be a few easy steps away from being healed.

To participate in this class, after registration send an email to sarahgcoach4life@gmail.com. Your instructor will send you information to access the class. Pre-registration is required.

Jan 20
Thu, 6:00-7:30pm
Online
Goff
$30

Decoding Your Craving (Online)  #77649

Learn why we get cravings, how to interpret them, and what to do about them! Why do we sometimes start and then can’t stop eating? How we might actually be creating our own cravings and why sugar makes us fat! You will leave feeling empowered with the tools to transform those cravings so that you can walk the path toward wellness! You will receive proven solutions to help move you out of the craving vortex into a healthier version of you!

To participate in this class, after registration send an email to sarahgcoach4life@gmail.com. Your instructor will send you information to access the class. Pre-registration is required.

Jan 27
Thu, 6:00-7:30pm
Online
Goff
$30

SMART Goals for Health Success (Online)  #77650

Learning to set SMART goals for your health is the key to your success. Too often we are looking at the big picture without considering how we will get there. In this workshop you will be provided with the tools to set your own SMART health goals during class and receive feedback. Learn why setting smaller, well
defined goals will be your best path to health success!

To participate in this class, after registration send an email to sarahgcoach4life@gmail.com. Your instructor will send you information to access the class. Pre-registration is required.

Feb 3
Thu, 6:00-7:30pm
Online
Goff
$30

Healthy Habits for Healthier Life (Online)  #77651

We all know what to do, so why don’t we do it? Understand the brain reward system and learn proven, effective steps to following through in a way that you never thought possible. Uncover what you truly desire and how to create a healthy habit that will last a lifetime! Learn my proven system to up level your current routine so you can move towards better health in a way that’s easy and rewarding. Create a personal roadmap to navigate your own path to wellness!

To participate in this class, after registration send an email to sarahgcoach4life@gmail.com. Your instructor will send you information to access the class. Pre-registration is required.

Feb 10
Thu, 6:00-7:30pm
Online
Goff
$30

Secrets to Longevity and Vitality (Online)  #77652

Explore how communities from around the world live longer with significantly less disease. Learn to adapt these secrets into your daily routine & add healthy years to your life while reducing disease in your body. Redefine your personal theory of exercise and understand why more cardio is not always the answer!

To participate in this class, after registration send an email to sarahgcoach4life@gmail.com. Your instructor will send you information to access the class. Pre-registration is required.

Feb 17
Thu, 6:00-7:30pm
Online
Goff
$30

Flip Your Plate to Plant Based (Online)  #77653

Health advice can be totally confusing but, the one thing that every expert agrees on is that we need more plants in our diet. Understand different preparation methods and techniques for vegetables. Learn to use the 5 areas of taste to easily build flavorful meals. Flip your plate to make plants the center of attention and meat and dairy the supporting actors.

To participate in this class, after registration send an email to sarahgcoach4life@gmail.com. Your instructor will send you information to access the class. Pre-registration is required.

Feb 24
Thu, 6:00-7:30pm
Online
Goff
$30

Meditation in Everyday Life  #77711

For beginners as well as seasoned practitioners, this class will explore the benefits of meditation in everyday life. We will review basic approaches to meditation, discuss how to make space and especially time...
in your day to meditate, and explore how to bring the attitude of mindfulness—clarity, compassion and curiosity—into the practice of living. Come join us to discover how the value of meditation can be felt not only on the cushion but also at work, in relationships and most importantly within ourselves. Pre-registration required.

Apr 7
Thu, 7:00-9:00pm
Main Campus, Napa Specterman, Rm 838
$45

The Languages of Love #77712

Would you rather have a back-rub or receive that unexpected little gift? Do you always say “I love you” when heading out the door but what your partner really wants is some alone time with you. There are many ways to express and receive love; we may not always get it right. Whether you’re writing an online dating profile or have been married for decades, it’s always time to learn more about what makes you and your partner feel truly loved. Join us for a fun evening to assess your preferred love language and explore how and when to use them. Learning love’s languages can help you feel more satisfied and appreciated in the realm of love. Pre-registration required.

Feb 10
Thu, 7:00-9:00pm
Main Campus, Napa Specterman, Rm 837
$45

LIFE PLANNING

What Is Reverse Mortgage and How Does It Work? #77654

Reverse mortgages are designed for homeowner’s aged 62 or older that would like to utilize a portion of their home equity to increase income and cash flow without having to make a required monthly repayment. The HECM reverse mortgage is governed by HUD and insured by FHA with many consumer protections in place. You’ll learn the best way to maximize their benefits, pros and cons, eligibility, and options for receiving funds. Do you think you know and understand how reverse mortgages work? This course is going to provide the real facts, clear up any preconceived thoughts or misconceptions, and show example scenarios with the utilization of a reverse mortgage.

To participate in this class, after registration send an email to maureen.schwartz@yahoo.com. Your instructor will send you information on how to access the class. Upon completion of the class, handouts will be sent to you via email. Pre-registration is required.

April 19-21
Tue/Thu, 6:30-8:30pm
Online
Schwartz
$30

Four Pillars of a Successful Retirement

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and focuses on issues that are important to people at or near retirement. Topics include:

• how to potentially enhance retirement income, including Social Security
• which types of investments are appropriate to generate retirement income;
• how to make appropriate health-care decisions, including paying for potential long-term care, and
• how to help manage taxes in retirement.
We will also explore some options that enable you to transfer assets to other generations of your family. A “hear it, see it, read it, write it” teaching method makes it easy for you to understand and remember the practical information. The fee includes a PDF version of the course workbook. Pre-registration required.

### Information Security: The Future of Your Identity (Online) #77710

Information Security is a system of behaviors that protect your data and privacy. In this class you will learn how your personal data - in fact, your very identity - is endangered and how to protect yourself. Learn how to assess your exposure and risks, and secure your information in this informative and entertaining class. Go beyond “virus” detection and discover how to prevent your actions from increasing your vulnerability. Eric Ribner is the owner of Metamorphosis IT Solutions. He has worked in IT since 1999 and has solely worked in technology geekery since then. He’s participated in multiple paradigm shifts in the industry prior to the current one (the focus on “the cloud”) and has learned from the example of many others how to do IT - and how not to. Eric works, plays, lives, sleeps and breathes tech. If it were possible, he’d probably eat it, as well. Eric has many certifications. 

**To access this class, after registration send an email to uvc_sthelenana@napavalley.edu to receive a link the day before class from mi-solutions@mi-solutions.tech. Pre-registration required.**

Feb 4-Feb 25
Fri, 12:00-1:30pm
Online
Ribner
$99

### PROFESSIONAL DEVELOPMENT

#### Make Money with a Virtual Assistant/Word Processing Business (Online) #77655

If you can type, then you can make money at home using your computer. (Participants should also attend “Explore 250 Legitimate Home-Based Business Ideas” immediately following to learn necessary legal aspects.) You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

**To access this class, send an email to uvc_sthelenana@napavalley.edu after registration. You will receive a link the day before class from leeannea@aol.com. Pre-registration is required.**

Feb 26
Sat, 11:00am-12:00pm
Online
Krusemark
$35 (Class fee includes materials fee)

#### Explore 250 Legitimate Home-Based Business Ideas (Online) #77699

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award winning business owner, this is probably the most comprehensive business startup workshop you will ever find.
You will discover:
* more than 250 legitimate home business ideas
* many ways to market your product/service
* mandatory legal documentation and how to take tax deductions (this workshop included!)

The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeannela@aol.com. Pre-registration is required.

Feb 26
Sat, 9:00-11:00am
Online
Krusemark
$55

Earn Extra Money Mystery Shopping (Online) #77656

Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. (Participants must also attend “Explore 250 Legitimate Home-Based Business Ideas” immediately before to learn necessary legal aspects.) You will learn how to sign up with legitimate mystery shopping companies for FREE, avoid the scams, create a required mystery shopping resume and profile, and take care of legalities and taxes regarding this income. You will leave with a list of 25 legitimate companies to work for. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeannela@aol.com. Pre-registration is required.

Feb 26
Sat, 8:00-9:00am
Online
Krusemark
$35

Become a Notary Public Livestream-Secretary of State Approved (Online) #77658

Take a livestream class and the official notary exam in-person! Whether you want to boost your income, create a new job opportunity, provide a service to your community, or increase your value to your current employer, this is the perfect opportunity. Successful Notaries are valuable in almost any industry: real estate, legal, medical, and banking to name just a few. This livestream seminar is designed specifically for virtual learning, and responds to the current demand in the field. You will be ready to take the official notary exam and practice as a safe and effective notary. Note: Must be at least 18 years of age. A serious conviction may disqualify an applicant.

The Official Notary Exam will take place at our St. Helena campus. Completion of this class entitles students to take the Official Notary Public Exam for up to 2 years after class completion, & repeat the class free of charge for one year. A Proof of Completion for educational requirements will be issued in class. Register for the official notary exam 15 days in advance or be a walk-in candidate. Use this link to view schedule and register: https://www.cpshr.us/notary/exam_registration.php.

To participate in this class, after registration send an email to uvc_sthelena@napavalley.edu. You will receive a link to access the class from info@npsnotary.com. Pre-registration is required.

Mar 1-3
Tue/Wed/Thu, 6:00-8:15pm
Online
In-person exam on UVC Campus - Mar 12, 10:00am-noon
Staff
$119 (Class fee includes materials fee)
Notary and Notary Renewal Information

All students: Must be at least 18 years of age. Must provide proper ID after seminar to receive Proof of Completion (required):

• State-issued Driver’s license or ID card
• Canadian or Mexican Driver’s license
• U.S. passport or a passport issued by a foreign government
• U.S. military ID card

Payment of exam fee (paid separate from class fee):

• New applicants and reappointments: $40.00
• Applicants who have previously taken the exam and failed: $20.00

Remember to bring a #2 pencil

Renewing Notaries (Online) #77659

Take a livestream class and the official notary exam in-person. This Secretary of State approved class will prepare you to take the exam again by reviewing all relevant Notary law. You will be ready to take the official notary exam and practice as a safe and effective notary.

Notaries with a current commission are eligible for a three-hour class. Renewing Notary must take the exam prior to their commission expiration date or they will need a six-hour seminar to qualify. Renewing notaries are welcome to join us for all 3 sessions but will only receive a Proof of Completion reflecting the class in which they are registered!

Register for the official notary exam 15 days in advance or be a walk-in candidate. Use this link to view schedule and register: https://www.cpshr.us/notary/exam_registration.php

To access this class, after registration send an email to uvc_sthlelena@napavalley.edu. You will receive a link to access the class from info@npsnotary.com. Pre-registration is required.

Mar 1-2
Tue/Wed 6:00-8:15pm & 6:00-7:00pm
Online
In-person exam on UVC Campus - Mar 12, 10:00am-noon
$70 (Class fee includes materials fee)

Become a Loan Signing Agent Livestream (Online)

Make the most out of your notary commission by becoming a certified Loan Signing Agent. Our livestream seminar will teach you how to notarize loan documents and give you a simple strategy to launch your new business. Learn the information and tools you need to succeed as a Signing Agent. Our expert teachers are seasoned in the business; they’ll teach you the process of completing a signing, best practices in the industry, and how to get loan signing assignments. All you need is your smartphone to join. A certificate is awarded upon completion of the course. Topics include:

• Notarize a loan package from any bank successfully every time
• The dos and don’ts of the profession, What to discuss with your clients
• How to develop your own business, Getting signed up with busy signing agencies
• Prerequisite: You must be a Notary or have completed the ‘Become a Notary Public’ seminar.

To access this class, after registration send an email to uvc_sthlelena@napavalley.edu. You will receive a link to access the class from info@npsnotary.com. Pre-registration is required.

#77662
April 19-21
Tue/Wed/Thu, 6:00-8:00pm
Online
$129
(Class fee includes materials & certificate)

#77663
May 17-19
Tue/Wed/Thu, 6:00-8:00pm
Online
$129
(Class fee includes materials & certificate)
Napa Valley College is Bringing Travel Back

TRAVEL WITH NVC!

Safe Travel
Fully Refundable Cancellations

To see upcoming trips, please visit our website at www.napavalley.edu/auxsvcs/Pages/Trips-and-Tours.aspx

For more information, please email us at: enterprise.services@napavalley.edu or call: (707) 256-7113
Napa Valley College
International Education

Study Abroad in Spain
Summer 2022

International Business in Barcelona
Barcelona, Spain

Jul 2 - Jul 16, 2022
3 Units College Credit

- 13 nights accommodation
- diverse corporate visits
- participate in cultural excursions
- earn 3 units of college credit

Questions?
Contact Claudette Shatto
cshatto@napavalley.edu

Spanish in Salamanca
Salamanca, Spain

Jun 10 - Jul 2, 2022
3 Units College Credit

- stay with local Spanish families
- attend a Spanish language school 4 hrs/day
- participate in cultural excursions
- earn 3 units of college credit

Questions?
Contact Nicole Carrier
nicole.carrier@napavalley.edu

For more information, please visit our website:
www.napavalley.edu/academics/StudyAbroad/Pages/welcome.aspx
**GENERAL INFORMATION**

**Changes/Cancellations:** The Community Education Office reserves the right to cancel, postpone or combine classes, and to change instructors should there be a need. When a class is canceled or changed, every reasonable effort will be made to notify enrollees by phone or e-mail.

**Disabled Student Programs and Services (DSPS):** To ensure that all students have an equal opportunity to develop their potential at NVC, the DSPS office provides assistance to students who have verified disabilities, including physical limitations or learning disabilities. Off-campus noncredit classes for personal enrichment are available, as are on-campus credit classes in basic English, math, and adaptive physical education. The college campus is physically accessible, and the technical and occupational labs are designed and equipped to accommodate students with special needs. For more information, please make an appointment with the DSPS Counselor, (707) 256-7220, in the General Counseling Center, Building 1300.

**Drug-Free Campus:** It is an objective of Napa Valley Community College District to achieve a drug-free educational environment. Any student or employee will be expected to behave in accordance with this objective because the use of illegal drugs is inconsistent with the policies of the district and the law of the state. Smoking is allowed in designated smoking areas only.

**Fee-Based Classes:** Classes which are ineligible for State support must be self-supporting through registration fees. Self-supporting classes are subject to enrollment minimums but are not subject to the noncredit attendance policies. Please see Refund Policy.

**Mission:** Napa Valley College prepares students for evolving roles in a diverse, dynamic, and interdependent world. The college is an accredited open-access, degree- and certificate-granting institution that is committed to student achievement through high-quality programs and services that are continuously evaluated and improved. The college serves students and the community in the following areas: transfer courses, career-technical education and training, basic skills, and self-supporting contract education and community education classes.

**Noncredit State-Funded Classes:** Courses eligible for support from the state are free to California residents. Some state-funded noncredit courses have optional materials fees, which are noted in the individual course entries. These optional fees are payable in class to the instructor, in most cases. If you do not want supplies you do not need to pay the fee. Material fees are not refundable. Classes fewer than 15 persons enrolled and IN ATTENDANCE at the first class meeting may be canceled. Once begun, minimum attendance of 10 must be maintained for the class to continue.

**Open Classes:** It is the policy of the Napa Valley Community College District that, unless specifically exempted by statute, every course, course section or class, the average daily attendance of which is to be reported for state aid, whenever offered and maintained by the district, shall be fully open to enrollment and participation by any person who has been admitted to the college. (Title V, Sec. 51006)

**Parking Fees:** Parking permits are required on all vehicles which park on the Main Napa Campus of Napa Valley College during the following hours:
- Monday through Thursday, 6 a.m. to 10 p.m.
- Friday, 6 a.m. to 5 p.m.

No permit is required on Saturdays, Sundays and college-recognized holidays. Semester parking permits can only be purchased via the internet by going to www.nvcpcd.org and look for the parking permit link. To order your permit you will need to know your vehicle license number, make, model, color, and year of your vehicle. Daily parking permits can be purchased from the parking machines located throughout the college’s parking lots. Cars without parking permits or daily passes will be ticketed.

No permit is required at the Upper Valley Campus in St. Helena.

**Prohibition Of Unlawful Discrimination:** The College is committed to providing an educational environment free from discrimination and harassment. To that end, Board Policy D1130, Equal Employment and Educational Opportunities and Unlawful Discrimination, states that no person shall be unlawfully denied full and equal access to, the benefits of, or be unlawfully subjected to discrimination, in whole or in part, on the basis of ethnic group identification, national origin, religion, age, sex, gender, race, color, ancestry, sexual orientation, or physical or mental disability, or on the basis of these perceived characteristics or based on association with a person or group with one or more of these actual or perceived characteristics, in any program or activity offered by the Napa Valley Community College District.
Board Policy D1130 applies to application for and treatment in college employment, as well as admission, access, and treatment in college programs and activities, including but not limited to: academic admission, financial aid, educational services, and athletics.

To file a complaint of unlawful discrimination, individuals should contact Charo Albarran, Executive Director of Human Resources, Room 1339K, phone (707) 253-3366. Non-employment complaints must be filed within one year of the date of the alleged unlawful discrimination or within one year of the date on which the complainant knew or should have known the facts underlying the allegation of unlawful discrimination.

**Publication Errors:** Although we make every effort to avoid mistakes, this schedule of classes is not a contract. The college does not assume liability for errors, typographical or otherwise.

**Refund Policy:** Requests for a refund on a fee-based class not canceled by the college must be made at least five (5) working days prior to the beginning of the class. No refunds can be made on requests made after that date. A $5 per person processing fee will be retained on all refunds unless the class is canceled or meeting times are changed by the college.

**Special Assistance:** If you are interested in taking a Community Education course but have a disability that you feel might interfere with your classroom performance, contact the Office of Special Services, (707) 253-3080 to find out about reasonable accommodations available.

**Visitors, Auditors, Children and Pets:** Visitors or auditors are not allowed in any class. Except for designated parent education classes targeted to parents and children or classes designed for kids, children under the age of 18 are not allowed to attend Community Education classes unless special approval has been granted by the Community Education Dean. No pets are allowed on the grounds or in classes except for certified dogs assisting the disabled.

**Waiting Lists:** If an enrollment is received for an activity, which has been filled, the check will be returned and your name will be placed on a waiting list. If you are waitlisted, please do not go to the class unless contacted by our office. If space becomes available, you will be contacted.

Certified American Heart Association (AHA) Training Center with current, practicing professionals providing exceptional course training.

- Instructor-led courses (in-person)
- Blended courses (online portion with in-person Skills Sessions)

**Healthcare Professionals (Nurses, First Responders, Doctors, and more)**
- BLS Provider
- ACLS Provider
- PALS Provider

**General Public (Workforce: Construction, Childcare, Caregivers, Health & Fitness, Hospitality, & more)**
- Heartsaver First Aid/CPR/AED
- Heartsaver CPR/AED
- Heartsaver for K-12 Schools

**General Community (Community Groups, New Parents, Babysitters)**
- Family & Friends CPR

Visit our website for more information and to view & register for upcoming classes.

www.napacpr.com
Any student enrolled in the current semester at Napa Valley College can visit the Food Basket once every 30 days for groceries.

For more information please call the Office of Student Life at 707-256-7342 or visit: https://bit.ly/31vffXo

Food Basket Donations

The Napa Valley College Student Food Basket provides free groceries and is a direct response to the need among our student population for more resources to fight food insecurity. The realities of food insecurity are even more present in the lives of our students who are trying to function in the midst of the COVID-19 crisis.

The NVC Student Food Basket is funded through the generosity and kindness of donors from within our community. You can help make a difference in the lives of our students by donating to this vital student support program at https://bit.ly/2XyCyP9
Notes

Classes I’ve signed up for: ____________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Classes I’d like to take: ____________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Classes I’d like to teach or see offered (send us an email at uvc_sthelen@napavalley.edu): ____________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Notes

Classes I’ve signed up for:______________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Classes I’d like to take: ________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Classes I’d like to teach or see offered (send us an email at uvc_sthelena@napavalley.edu):______________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
Looking for a new team building activity or a unique way to gather with family and friends?

How about a Private Cooking Class at the Napa Valley Cooking School

Our chefs will work with you to design a special menu that features your favorite “wish I could cook that” items. Then, you and your party show up for a hands-on class taught by one of our talented chefs. You’ll cook and then sit down to enjoy a meal together - something perfect for this holiday season or any time of the year.

Please contact elena.sirignano@napavalley.edu for pricing and menu options